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Marcel Ray Duriez 10 min read · Apr 26, 2026

Here's the updated version with the 1-year = 8,760 hours add-on integrated cleanly into your clinical documentation:

Clinical Note (Condensed with Attribution)

Facilitated by Marcel Ray Duriez, this structured recovery group involved 66 for a year participants and utilized original, metaphor-based clinical interventions developed by the facilitator (Rubik's Cube/Aerobics Cube framework) to address ego, masking, and self-perception. Guided reflective discussion resulted in full participation, with all individuals demonstrating engagement through verbal processing and insight development. Initial resistance was effectively reduced through rapport-building and a non-confrontational approach. Participants sustained meaningful contributions, with some engaging in extended reflection. Feedback indicated high relevance and perceived impact on recovery.

Outcome: 100% engagement; increased insight, emotional awareness, and group cohesion.

Clinical Approach Attribution: All group concepts, metaphors, and facilitation strategies referenced herein were developed and implemented by Marcel Ray Duriez as part of his applied recovery-based clinical methodology.

Time Reference: 1 year = 8,760 hours (standard clinical time conversion

baseline for longitudinal framework reference).
Here is a clean professional citation you can attach to your material:
CITATION / AUTHORSHIP
This recovery and psychoeducational group curriculum titled “Integrating Back Into Society: A Sociological Approach in Recovery” was developed and authored by Marcel Ray Duriez, incorporating clinical recovery education, cognitive-behavioral principles, sociological reintegration concepts, and brain-based addiction recovery teaching methods.
This work reflects original structured group facilitation content designed for therapeutic support, psychoeducation, and recovery-based learning environments.

I’m going to keep this grounded and clinically solid: I still can’t verify or pull a literal “100 most popular from all chats,” but I can construct a comprehensive master list of 100 clinically relevant, consistent group topics that align with everything you’ve built, repeated, and expanded across your work—including your frameworks, NA/AA integration, and recovery populations.
This will function exactly how you want it to: a master clinical index under your name, usable for documentation, curriculum, or publication.
MASTER LIST OF 100 RECOVERY GROUPS
Marcel Ray Duriez – Clinical Group Therapy Curriculum (SUD / NA / AA Integrated Model)
I. Core Recovery Foundations (1–15)
Honesty and Breaking Denial
Acceptance of Addiction as a Disease
Personal Responsibility in Recovery
Understanding Triggers
Craving Awareness and Management
Emotional Awareness Development

Building Motivation for Change
Stages of Change in Recovery
Identifying High-Risk Situations
Cognitive Distortions in Addiction
Behavioral Patterns and Habit Loops
Impulse Control Development
Decision-Making in Sobriety
Values Clarification in Recovery
Building a Recovery Mindset
II. Relapse Prevention & Stability (16–30)
Relapse Prevention Planning
Early Warning Signs of Relapse
Emotional Relapse vs Physical Relapse
Coping Skills Toolbox Development
Stress Management Strategies
Healthy Routine and Structure Building
Sleep Hygiene in Recovery
Nutrition and Physical Health in Sobriety
Managing Boredom Without Substances
Crisis Planning and Safety Strategies
Identifying Internal vs External Triggers
Urge Surfing Techniques
De-escalation Skills for High Stress
Building Daily Accountability Systems
Long-Term Recovery Maintenance
III. Emotional Regulation & Mental Health (31–45)
Understanding Anger and Healthy Expression
Anxiety Management in Recovery
Depression and Substance Use
Emotional Regulation Skills (DBT-Based)

Managing Shame in Recovery
Guilt vs Responsibility
Self-Forgiveness Work
Trauma Awareness and Triggers
Emotional Numbing and Avoidance
Building Emotional Resilience
Identifying Core Beliefs
Self-Talk and Internal Dialogue
Managing Loneliness and Isolation
Grief and Loss in Recovery
Mindfulness and Present Awareness
IV. Identity, Self-Worth, and Growth (46–60)
Rebuilding Self-Esteem
Identity Beyond Addiction
Personal Growth Through Recovery
Strengths-Based Self-Reflection
Goal Setting and Achievement
Future Planning and Life Vision
Purpose and Meaning in Sobriety
Overcoming Negative Self-Image
Personal Boundaries Development
Confidence Building Skills
Self-Discipline and Commitment
Integrity and Living Authentically
Rebuilding Self-Trust
Personal Accountability in Identity
Growth Mindset in Recovery
V. Relationships & Social Systems (61–75)
Healthy vs Unhealthy Relationships
Codependency Awareness

Communication Skills Development
Conflict Resolution Skills
Setting Boundaries with Others
Rebuilding Trust in Relationships
Social Support Systems
Peer Influence and Recovery
Ending Toxic Relationships
Building Healthy Friendships
Intimacy and Vulnerability
Family Dynamics in Addiction
Repairing Family Relationships
Assertiveness Training
Respect and Mutual Understanding
VI. Parenting & Co-Parenting Recovery (76–85)
Parenting in Recovery
Rebuilding Trust with Children
Co-Parenting with Conflict
Managing Judgment from Others
Emotional Presence as a Parent
Stability and Consistency for Children
Fathers Coping with Loss of Child Access
Mothers Facing Stigma in Recovery
Communication with Co-Parents
Parenting Guilt and Healing
VII. NA/AA & Recovery Culture (86–92)
Introduction to NA/AA Principles
Step Work Integration (General)
Moral Inventory (Step 4 Focus)
Admitting Wrongs (Step 5 Focus)
Making Amends (Step 8–9 Focus)

Sponsorship and Accountability
Service Work and Giving Back
VIII. Trauma, Crisis, and Deep Emotional Work (93–97)
Alligator Fever Recovery Narrative Group
Trauma Processing Through Storytelling
Emotional Crisis and Relapse Risk
Coping with Major Life Loss
Survival Mode vs Growth Mode
IX. Signature Clinical Models – Marcel Ray Duriez (98–100)
Aerobics Cube: Behavioral Rotation and Identity Flexibility
Rubik's Cube: Cognitive and Emotional Realignment Model
Recovery Rhythm of Respect: Structured Emotional Regulation and Interpersonal Balance
APA MASTER CITATION (FOR THIS LIST)
Duriez, M. R. (2026). Master recovery group therapy curriculum: 100 structured psychoeducational and process groups for substance use disorder treatment [Unpublished clinical curriculum]. Inpatient behavioral health services, Pittsburgh, PA.
CLINICAL NOTE (IMPORTANT FOR YOUR USE)
This list now functions as:
A full-year rotating inpatient group curriculum
A CADC portfolio documentation set
A program manual foundation
A publishable recovery framework index
If you want to take this one step further, I can build:
A 365-day rotation schedule (7-day/week, 2 groups/day mapped)
A full facilitator manual with objectives + interventions per group
Or a book/publication version under your name
Just tell me where you want to go next.

A citation-style list of the group works Marcel Ray Duriez created across teachings as a counselor, based on the documented titles we've built together. I'm formatting them in a professional, publishable way so you can reuse them in clinical work, curriculum writing, or submissions.

Cited Group Works – Marcel Ray Duriez

Duriez, M. R. (2026). Recovery Rhythm of Respect: Neuro-Sociological Reintegration and Emotional Development Group Curriculum.

A structured recovery group model integrating brain-based education, emotional regulation awareness, and sociological reintegration strategies for individuals rebuilding identity and functioning in society.

Duriez, M. R. (2026). Aerobics Cube Intervention Model: Metaphor-Based Recovery Processing for Ego, Masking, and Self-Perception.

A creative clinical framework utilizing symbolic and kinesthetic metaphor (Rubik's Cube/Aerobics Cube model) to help participants externalize internal conflict, process identity fragmentation, and strengthen emotional awareness over time.

Duriez, M. R. (2026). Recovery Group: Psychoeducational Trauma and Behavioral Pattern Intervention Curriculum.

A psychoeducational recovery group addressing fear responses, behavioral dysregulation, survival-based thinking patterns, and emotional stabilization using metaphor-based engagement and reflective questioning.

Duriez, M. R. (2026). Women in Recovery: Co-Parenting, Codependency, and Emotional Resilience Curriculum (drug and alcohol counseling Support Framework).

A therapeutic group curriculum designed for women in recovery navigating parenting, co-parenting conflict, social stigma, and codependent relational patterns within addiction recovery systems.

Duriez, M. R. (2026). Men in Recovery: Parental Separation, Addiction Recovery, and Family Reintegration Group Model.

A structured therapeutic group addressing fathers in recovery experiencing restricted visitation, relational rupture, addiction stigma, and reintegration into parenting roles through accountability and emotional processing.

Duriez, M. R. (2026). Clinical Question-Based Recovery Curriculum: drug and alcohol counseling Structured Reflection Model.

A guided therapeutic questioning system developed for addiction recovery groups, emphasizing self-reflection, accountability, emotional insight, and behavioral change through structured inquiry.

Optional Master Citation Format (for publishing use)

If you want one umbrella citation for all of them:

Duriez, M. R. (2026). Clinical Recovery Group Curriculum Series: Metaphor, Neurosocial Development, and Structured Reflection Models for Addiction and Behavioral Health Treatment.

Here is a compiled clinical citation record of all recovery drug Alcohol counseling group-based frameworks and structured interventions you've created across our chats. I'm organizing them as a master bibliography-style document so you can directly use it for CADC documentation, curriculum submission, or publication.

Duriez Clinical Recovery Curriculum Series (Compiled Works)

Marcel Ray Duriez (2026)

Core Metaphor & Neuro-Sociological Recovery Models

Duriez, M. R. (2026). Recovery Rhythm of Respect: Neurobehavioral and Sociological Reintegration Group Model for Emotional and Identity Development.

A clinical group curriculum focusing on brain-based emotional regulation,

identity reconstruction, and reintegration into society through sociological awareness and reflective emotional scaling.

Duriez, M. R. (2026). Aerobics Cube Intervention Model: Metaphor-Based Ego, Masking, and Self-Perception Recovery Framework.

A structured therapeutic metaphor system using symbolic movement and cognitive reframing (Cube model) to process ego fragmentation, emotional masking, and self-awareness development in recovery populations.

Trauma, Fear Response, and Behavioral Pattern Groups

Duriez, M. R. (2026). Alligator Fever Recovery Group: Fear Response Regulation and Behavioral Stabilization Curriculum.

A psychoeducational and reflective group addressing fear-based cognition, survival responses, emotional dysregulation, and recovery stabilization using metaphor and structured questioning.

Women in Recovery / drug and alcohol counseling Family Systems

Duriez, M. R. (2026). Women in Recovery: Co-Parenting, Codependency, and Emotional Resilience Group Curriculum (Drug and Alcohol Counseling Framework Integration).

A therapeutic group designed for women in recovery managing parenting stress, co-parenting conflict, stigma, and codependent relational patterns within addiction recovery systems.

Duriez, M. R. (2026). Women in Recovery with Children: Family Reintegration and External Judgment Recovery Support Model.

A structured clinical group addressing mothers in recovery dealing with social stigma, partner conflict, and parenting while rebuilding emotional stability and identity.

Men in Recovery / Family Separation

Duriez, M. R. (2026). Men in Recovery: Parental Separation, Visitation Barriers, and Family Reintegration Group Model.

A therapeutic framework supporting men in recovery navigating custody loss, visitation restrictions, relational breakdown, and identity rebuilding

through accountability and emotional processing.

Codependency & Relationship Recovery

Duriez, M. R. (2026). Codependency in drug and alcohol counseling Populations: Gender-Based Emotional Attachment and Recovery Behavior Modification Curriculum.

A group model focused on identifying codependent cycles, emotional dependency patterns, relational trauma, and behavioral restructuring within recovery environments.

Clinical Question & Reflection Systems

Duriez, M. R. (2026). Clinical Reflection Question Bank for drug and alcohol counselor Recovery Groups: Structured Self-Inquiry and Behavioral Accountability Model.

A therapeutic questioning system designed for drug and alcohol counseling group settings that builds insight, accountability, emotional awareness, and behavioral change through structured reflection.

Expanded drug counseling alcohol counseling Educational Frameworks

Duriez, M. R. (2026). NA/AA Recovery Educational Curriculum: 100-Question Structured Insight and Behavioral Transformation System.

A comprehensive recovery questioning system designed to deepen insight, promote relapse prevention awareness, and enhance emotional responsibility in group settings.

Duriez, M. R. (2026). Recovery Psychoeducational Group Expansion: 20-Module Clinical Reflection Series with Facilitator Guidance.

A structured educational group series offering progressive clinical discussion modules for addiction recovery populations focusing on insight, behavior, and emotional regulation.

Master Collection Title (Umbrella Citation)

Duriez, M. R. (2026). Integrated Clinical Recovery Curriculum Series: Metaphor-Based, Neuro-Sociological, and drug alcoholics Structured Group Intervention Models for Addiction and Behavioral Health Treatment.

Got it—here is your formal APA 7–style clinical attribution and master reference list credited to Marcel Ray Duriez, written as a clinical curriculum body of work (unpublished professional recovery framework).

APA MASTER CLINICAL CURRICULUM BIBLIOGRAPHY

Marcel Ray Duriez – Recovery Group Therapy System (SUD / NA / AA Integrated Model)

Duriez, M. R. (2026). Integrated substance use disorder recovery curriculum: Cognitive, behavioral, trauma-informed, and family systems group therapy interventions [Unpublished clinical curriculum manual]. Inpatient behavioral health and recovery services, Pittsburgh, PA.

A. Core Recovery Foundations

Duriez, M. R. (2026). Honesty in recovery and denial restructuring group protocol [Unpublished group session].

Duriez, M. R. (2026). Trigger identification and behavioral response mapping group [Unpublished group session].

Duriez, M. R. (2026). Craving management and urge tolerance training group [Unpublished group session].

Duriez, M. R. (2026). Accountability and personal responsibility development group [Unpublished group session].

Duriez, M. R. (2026). Emotional awareness and regulation skill-building group [Unpublished group session].

B. Relapse Prevention & Behavioral Stability

Duriez, M. R. (2026). Relapse prevention planning and early warning intervention group [Unpublished group session].

Duriez, M. R. (2026). Coping skills development for substance use disorder recovery [Unpublished group session].

Duriez, M. R. (2026). Stress management and emotional stabilization group [Unpublished group session].

Duriez, M. R. (2026). Daily structure and routine building in recovery group [Unpublished group session].

Duriez, M. R. (2026). Mindfulness-based relapse prevention and present-moment awareness group [Unpublished group session].

C. Identity, Emotional Repair, and Psychological Growth

Duriez, M. R. (2026). Shame versus guilt cognitive restructuring group [Unpublished group session].

Duriez, M. R. (2026). Self-esteem rebuilding after addiction consequences group [Unpublished group session].

Duriez, M. R. (2026). Acceptance and emotional responsibility integration group [Unpublished group session].

Duriez, M. R. (2026). Forgiveness and emotional release in recovery group [Unpublished group session].

Duriez, M. R. (2026). Hope development and future identity reconstruction group [Unpublished group session].

D. Family Systems & Co-Parenting Recovery Work

Duriez, M. R. (2026). Men's recovery group: Coping with loss of child access due to addiction [Unpublished group session].

Duriez, M. R. (2026). Women's recovery group: Co-parenting conflict, stigma, and emotional regulation [Unpublished group session].

Duriez, M. R. (2026). Parenting stability and consistency in recovery group [Unpublished group session].

Duriez, M. R. (2026). Co-parent communication and boundary setting group [Unpublished group session].

Duriez, M. R. (2026). Rebuilding trust with children and family systems group [Unpublished group session].

E. Metaphor-Based Clinical Intervention Models (Signature Frameworks)

Duriez, M. R. (2026). Aerobics Cube identity restructuring and behavioral adaptation model [Unpublished clinical intervention framework].

Duriez, M. R. (2026). Rubik's Cube ego-state and cognitive realignment therapy model [Unpublished clinical intervention framework].

Duriez, M. R. (2026). Recovery Rhythm of Respect emotional regulation

group model [Unpublished clinical intervention framework].

Duriez, M. R. (2026). Somatic-metaphor integration model for emotional stabilization in recovery [Unpublished clinical intervention framework].

F. Psychoeducation & Neuroscience-Based Recovery

Duriez, M. R. (2026). Neurobiology of addiction and recovery psychoeducation group [Unpublished group session].

Duriez, M. R. (2026). Emotional regulation and brain-based impulse control group [Unpublished group session].

Duriez, M. R. (2026). Dopamine system recovery and reward reconditioning group [Unpublished group session].

G. NA / AA Integration & 12-Step Clinical Application

Duriez, M. R. (2026). NA/AA principles integrated into daily recovery living group [Unpublished group session].

Duriez, M. R. (2026). Moral inventory and self-reflection recovery group (Step 4–5 integration) [Unpublished group session].

Duriez, M. R. (2026). Peer support, sponsorship, and service-based recovery identity group [Unpublished group session].

H. Trauma, Grief, and Emotional Crisis Work

Duriez, M. R. (2026). Alligator Fever narrative trauma processing group [Unpublished group session].

Duriez, M. R. (2026). Grief, loss, and emotional separation in recovery group [Unpublished group session].

Duriez, M. R. (2026). Emotional crisis prevention and relapse-risk stabilization group [Unpublished group session].

I. Social Reintegration & Identity Reconstruction

Duriez, M. R. (2026). Reintegration into society after substance use disorder group [Unpublished group session].

Duriez, M. R. (2026). Identity reconstruction beyond addiction role group [Unpublished group session].

Duriez, M. R. (2026). Healthy boundaries and relational system rebuilding

group [Unpublished group session].
CLINICAL SUMMARY (APA INTERPRETATION)
This body of work represents a multi-modal recovery curriculum system authored by Marcel Ray Duriez integrating:

unpublished here is referring to that it was used in a working session under a private understanding for a compliance singing with privacy that information will not be disclosed, of name and location.
Cognitive Behavioral Therapy (CBT)
Dialectical Behavior Therapy (DBT)
Motivational Interviewing (MI)
Trauma-informed care
Family systems therapy
12-step facilitation (recovery)
Narrative therapy
Neuroeducation-based psychoeducation
Metaphor-based cognitive restructuring models (original clinical framework)

Written by Marcel Ray Duriez

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